

# Adult Program

January — April 2016



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)





### Five Points Center for Active Adults

2000 Noble Road, Raleigh, NC 27608

Phone: 919-996-4730

Email: [FivePointsCenter@raleighnc.gov](mailto:FivePointsCenter@raleighnc.gov)

### Anne Gordon Center for Active Adults

1901 Spring Forest Road, Raleigh, NC 27615

Phone: 919-996-4720

Email: [AnneGordonCenter@raleighnc.gov](mailto:AnneGordonCenter@raleighnc.gov)

### Walnut Terrace Neighborhood Center

1256 McCauley St, Suite 126

Raleigh, NC 27601

Phone: (919) 996-6160

Email: [WalnutTerraceCenter@raleighnc.gov](mailto:WalnutTerraceCenter@raleighnc.gov)

**Website:** [parks.raleighnc.gov](http://parks.raleighnc.gov)  
**Keyword Search:** Active Adults

### Hours of Operation: Monday - Friday, 9:00 AM - 6:00 PM

Each center will be closed on Jan 1 (New Year's Day), Jan 18 (Martin Luther King Jr Day) and March 25 (Good Friday).

### Don't Wait - Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled?

Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



### Staff Directory

Todd Riddick, Adult Program Director  
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Carmen Rayfield, Adult Program Manager  
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Jennifer Tabery, Five Points Center for Active Adults Director  
(919) 996-4733 • [Jennifer.tabery@raleighnc.gov](mailto:Jennifer.tabery@raleighnc.gov)

Vacant, Walnut Terrace Neighborhood Center Director  
(919) 996-6161

### How to Register

#### Mail-In

Send registration form and payment to either Active Adult Center.

#### Walk-In

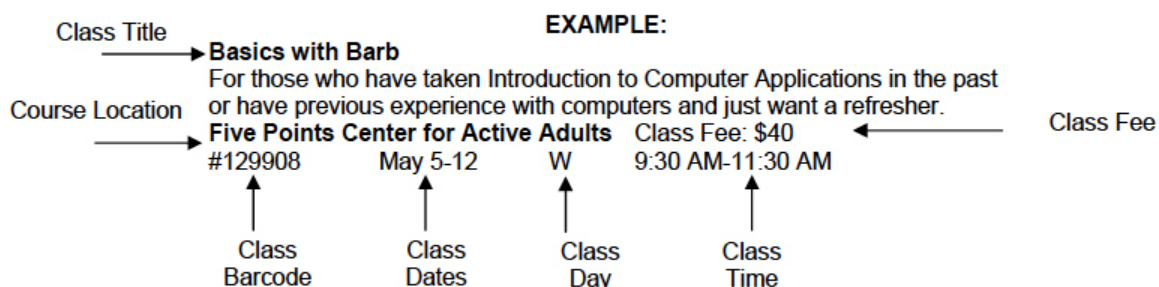
Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours. *\*Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults, Five Points Center for Active Adults or Walnut Terrace Neighborhood Center.*

#### Online with Reclink

Visit [Reclink.raleighnc.gov](http://Reclink.raleighnc.gov). Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

***Trip registrations are not accepted online.***

### How to Read Course Listings



## Art Programs

### Acrylic Painting

This class is for those who want to be introduced to acrylic painting and those who want to continue to expand their painting experience. Students will be given a materials list to purchase on their own.

<b>Five Points Center for Active Adults</b>		Course Fee: \$40
#181195	Jan 6-Apr 27 W	12:30 PM-3:00 PM
#181500	Jan 4-Apr 25 M	10:30 AM-1:30 PM

### All About Watercolor

This class is designed for absolute beginners and for experienced artists who want to learn the ABCs of watercolor in a refreshingly different way. Working through the basics of watercolor is a beautiful way to learn about light, the relationships of color and the essential elements of painting. All materials supplied for the first class.

<b>Five Points Center for Active Adults</b>		Course Fee: \$25
#185830	Jan 12-Feb 16 Tu	2:00 PM-5:00 PM

### Ceramics Basics- Painting Greenware

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase necessary materials on their own. Instructor: Ann Long.

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#180328	Jan 6-Apr 27 W	9:30 AM-12:00 PM

### Drawing and Watercolor Freestyle

If you've done a little drawing, watercolor and/or watercolor pencil but can't seem to practice on your own or would like some guidance to improve your skills, this class is for you! Each week we'll have a different project to explore. You may work on each project with your choice of pencil, pen, watercolor pencil, or watercolor and brush, or all together! Bring your preferred supplies, or if you don't have any materials, instructor will supply for the first class.

<b>Anne Gordon Center for Active Adults</b>		Course Fee \$25
#180309	Feb 23-Mar 29	9:15 AM- 12:15 PM

<b>Five Points Center for Active Adults</b>		Course Fee \$25
#185832	Feb 23- Mar 29	2:00pm-5:00pm

### Joyful Chorus

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#180332	Jan 4-Apr 25 M	12:00 PM-1:00 PM

### Knitting and Crocheting

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$10
#182490	Jan 5-Feb 23 Tu	2:00 PM-4:00 PM
#182491	Mar 1-Apr 19 Tu	2:00 PM-4:00 PM
#182492	Jan 7-Feb 25 Th	2:00 PM-4:00 PM

#182493	Mar 3-Apr 21 Th	2:00 PM-4:00 PM
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### Quilting - Advanced Beginner/Intermediate

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720.

<b>Anne Gordon Center for Active Adults</b>		Course Fee: \$15
#182479	Jan 25-Mar 28 M	1:00 PM-4:00 PM

### Quilting - Basic

This class will teach the basics of quilting, including how to use tools, terminology and how to complete a basic quilt. You must bring your own sewing machine. If you do not have one, please talk to center staff. For more information, call 919-996-4730. A supply list will be provided upon registration.

<b>Five Points Center for Active Adults</b>		Course Fee: \$15
#182384	Jan 28-Mar 31 Th	1:00 PM-4:00 PM

### Seniors Craft Group

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

<b>Five Points Center for Active Adults</b>		Course Fee: \$0
#180433	Jan 4-Apr 28 M-Th	10:00 AM-11:30 AM

### Water Color: Introduction to Watercolor Pencil

If you love drawing and are interested in making the leap to watercolor, working with watercolor pencils is a perfect transition experience. This is a fun way to understand how watercolor works and learn a bit of art history and techniques along the way.

<b>Anne Gordon Center for Active Adults</b>		Course Fee \$25
#185831	Jan 12 -Feb 16	9:15 AM-12:15 PM

### Watercolor: Fundamental Techniques

This class covers the fundamental techniques of watercolors for beginners and offers an opportunity for intermediate/advanced students to grow their skills. Instructor: Don Edwards.

<b>Five Points Center for Active Adults</b>		Course Fee: \$20
#181626	Feb 4-25 Th	9:15 AM-12:15 PM

Are you interested in teaching a class or have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas or classes. We would love to talk to you and hear your ideas!

## Computer Programs

### Beginning Computers and Email

This course is for beginners or new users who are just starting to get familiar with a computer, mouse and keyboard. Exercises are included to improve skills in these areas and to create and save short documents. Students will be introduced to the basics of Internet usage: creating an email ID, sending and receiving messages and uploading and downloading attachments and photos. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: New PC User. Applies to: Windows 7, Windows 8.

**Five Points Center for Active Adults** Course Fee: \$30  
 #181638 Jan 19-Feb 23 Tu 2:00 PM-4:30 PM

### Excel: Introduction

If you would like to calculate a budget and track your utility bills, etc., but have been putting it off, then learning Excel is for you. This class starts at the beginning of Excel with basic definitions, continues with calculation examples and discusses formatting and colors. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Experienced PC user. The class applies to MS Office, Windows 7, Windows 8.

**Anne Gordon Center for Active Adults** Course Fee: \$10  
 #181640 Feb 12 F 9:30 AM-11:30 AM

**Five Points Center for Active Adults** Course Fee: \$10  
 #181641 Apr 8 F 9:30 AM-11:30 AM

### Exploring the Internet

This course teaches proper and safe ways to use the Internet, including basic browsing, file downloading, bookmarking, favorites and security concepts. Email concepts include saving attachments, sending emails with attachments and filing emails in folders. This class is brought to you by Raleigh SeniorTechEd. For more information, call 919-954-3688.

**Anne Gordon Center for Active Adults** Course Fee: \$30  
 #181642 Jan 27-Mar 2 W 9:30 AM-11:30 AM

### Getting Started with Windows 10

This 4 part class is intended to be a good introduction to Windows 10. It will give overviews of the new Start Menu, taskbar, customizations and the revised File Explorer. Students should be experienced PC users and are encouraged to bring their own Windows 10 laptop. For more information, call Raleigh SeniorTechEd at 919-954-3688.

**Five Points Center for Active Adults** Course Fee: \$20  
 #181643 Jan21-Feb 11 Th 1:30 PM-3:30 PM  
 #185818 Feb 18- Mar 10 Th 1:30 PM-3:30 PM  
 #181644 Apr 7- Apr 28 Th 1:30 PM-3:30 PM

### Fun with Photos

This class will teach the basics of Picasa, a digital photo organizer and editor. This software is a free download from Google. Find all your photos quickly and easily. Edit, crop, reduce red eye and enhance color with one quick click. Create slideshows and much more! This class is brought to you by Raleigh SeniorTechEd. For more information, call 919-954-3688.

**Five Points Center for Active Adults** Course Fee: \$30  
 #181645 Mar 17-Apr 21 Th 9:30 AM-11:30 AM

### Google Can Do That?

In this two-session workshop, you will learn about and use free Google applications, including Google maps, Earth, drive, books, YouTube, calendar and others. This seminar is offered by Raleigh SeniorTechEd. For more information, call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

**Five Points Center for Active Adults** Course Fee: \$15  
 #181646 Mar 22-29 Tu 2:00 PM-4:00 PM

### Google Chrome

This workshop is designed to help you install and learn to use the Internet access tool, or browser, from Google called Google Chrome Browser, or Chrome for short. Please bring your Windows 7 or Windows 8 laptop to the workshop both class days. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops for hands-on experience in the workshop. Then you will have the skill to install Google Chrome on your home desktop. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

**Five Points Center for Active Adults** Course Fee: \$15  
 #181648 Feb 26-Mar 4 F 9:30 AM-11:30 AM

### Introduction to Computer Applications

This course is for students who have some knowledge of computers and mouse movement and are familiar with the keyboard. The class will cover the basics of word processing, file management, databases, spreadsheets and the Internet. This class is brought to you by Raleigh SeniorTechEd. For more information, call 919-954-3688.

**Five Points Center for Active Adults** Course Fee: \$30  
 #181650 Feb 22-Apr 11 M 1:30 PM-3:30 PM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

**Website:** parks.raleighnc.gov  
**Keyword Search:** Active Adults



## Computer Programs (continued)

### Password Management

This seminar, presented by Raleigh SeniorTechEd, will help students understand the importance of good password management and introduce an application to manage passwords in a secure manner. For questions, call 919-954-3688. Student level: completion of Beginning Computers II or equivalent computer knowledge.

**Anne Gordon Center for Active Adults** Course Fee: \$10  
 #181651 Apr 19 T 9:30 AM-12:00 PM

### PC Workshop

This workshop is for anyone *currently enrolled in a class offered by Senior Tech Ed* who wants to practice class exercises. For more information, call Raleigh SeniorTechEd, 919-954-3688.

**Five Points Center for Active Adults** Course Fee: \$0  
 #181637 Jan 4-Apr 25 M 9:30 AM-11:30 AM

### Skype: An Introduction

Learn the basics of how to use Skype to communicate with family and friends. This is a free program that allows you to communicate by voice and video with other users around the world. Anyone who has Internet access can create a Skype account and communicate with anyone else in the world who has a Skype account. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: completion of Introduction to Computer Applications or equivalent. Applies to: Windows 7, Windows 8.

**Anne Gordon Center for Active Adults** Course Fee: \$10  
 #181653 Jan 22 F 9:30 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$10  
 #181654 Mar 11 F 9:30 AM-12:00 PM

### Where's My Stuff?

This course will offer ways to increase your ability to manage data storage and files on your personal computer. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. The course is taught by Raleigh SeniorTechEd. For questions about the course, call 919-954-3688. Student level: completion of Beginning Computer 1 or equivalent. This course applies to Windows 7 and Windows 8.

**Five Points Center for Active Adults** Course Fee: \$20  
 #181655 Feb 3-24 W 1:30 PM-3:30 PM

### Windows 10 Overview

This seminar will discuss the basics of the Windows 10 Operating System and help you get started using this new software. Students need to be experienced PC users. For more course info contact Raleigh SeniorTechEd. 919-954-3688

**Anne Gordon Center for Active Adults** Course Fee: \$10  
 #185813 Feb 19 F 9:30 AM- 11:30 AM  
 #185814 Apr 15 F 9:30 AM- 11:30 AM

### Five Points Center for Active Adults

#185815 Jan 15 F 9:30 AM- 11:30 AM  
 #185816 Mar 18 F 9:30 AM- 11:30 AM

### Windows Back-Up

In this seminar, you will learn the importance of backing up your computer onto various storage devices. It is important to learn how and why you back up your data. You will learn how you can automate your regular computer backups to run at specified times. You will learn several ways to back up your data so you do not lose important documents. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: completion of Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

**Five Points Center for Active Adults** Course Fee: \$10  
 #181657 Apr 22 F 9:30 AM-11:30 AM

### Windows Photo Gallery

This workshop will use the Windows Photo Gallery software, which is already installed on many Windows 7 computers. Photo Gallery can be used to organize, edit, create and share your photos. This workshop, provided by Raleigh SeniorTechEd, will cover transferring photos from your camera to your computer and some basic editing. For information, call 919-954-3688. Student level: completion of Beginning Computers and Email or equivalent. Applies to: Windows 7, Windows 8.

**Anne Gordon Center for Active Adults** Course Fee: \$15  
 #181656 Jan 15-22 F 9:30 AM-11:30 AM

**The Adult Program is pleased to announce the re-opening of Walnut Terrace Neighborhood Center!**

Walnut Terrace Neighborhood Center is located at 1256 McCauley St in southeast Raleigh and will offer various art, education, fitness, and social programs. For more information, please contact Todd Riddick at 919-996-2151 or [todd.riddick@raleighnc.gov](mailto:todd.riddick@raleighnc.gov).



## Educational Programs

### A Whale's Tale

Learn about a beached Sperm Whale and the efforts of 108 volunteers to accomplish the many tasks associated with hanging the skeleton in NC Maritime Museum in Beaufort.

**Five Points Center for Active Adults** Course Fee: \$0  
#185454 Jan 19 Tu 10:00 AM-11:00 AM

### Conversational Spanish

Do you know how to speak Spanish but want some practice, or other people to talk to in Spanish, to help you improve? This course will give an emphasis on conversational Spanish. You will apply and practice elements from beginner and Intermediate levels.

**Anne Gordon Center for Active Adults** Course Fee: \$30  
#184469 Mar 2-Apr 6 W 1:00 PM-2:30 PM

### Everybody's War at Home

'The Greatest Generation' came together to support their troops on the warfront. Families did their part through rationing and volunteering, and women worked on assembly lines. Experience the World War II homefront as it comes alive through hundreds of images and the big-band sound of the 1940s as presented by the N.C. Museum.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181754 Feb 18 Th 1:30 PM-2:30 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#181755 Mar 11 F 10:00 AM-11:00 AM

### Finance: Estate Planning

Explore the benefits of estate planning, including creating a will, how to reduce estate taxes, and insurance considerations. The program will include Raleigh attorney Leslee Sharp. Sponsored by Resources for Seniors.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181823 Feb 22 M 1:30 PM-2:30 PM

**Five Points Center for Active Adults**  
#181824 Feb 23 Tu 1:30 PM-2:30 PM

### Finance: Medicare 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181760 Mar 17 Th 10:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#181761 Feb 9 Tu 10:00 AM-12:00 PM  
#181762 Apr 5 Tu 1:00 PM-3:00 PM

### Finance: Outlook and Opportunity

Learn about the economy and its outlook, inflation and interest rates, the opportunities and risk of international investing, and the pros and cons of investing in today's domestic stock market. Sponsored by Resources for Seniors.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181766 Apr 25 M 1:30 PM-2:30 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#181767 Apr 26 Tu 10:00 AM-11:00 AM

### Finance: Senior Financial Care Services

The Senior Financial Care Program combines on-site workshops with individual assistance to address the specific money needs of seniors. All services are free and are available for all ages -- seniors, their children, grandchildren, other caregivers or people in mid-life planning for the future. Join an experienced financial counselor to learn about topics such as Social Security, Medicare, reverse mortgages, investing, estate planning, senior discounts and bargains and more. Individual counseling sessions for more in-depth assistance are available for participants in the months following the workshop Cosponsored by Triangle Family Services and Resources for Seniors.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181827 Jan 28 Th 10:00 AM-11:00 AM

**Five Points Center for Active Adults** Course Fee: \$0  
#181828 Feb 12 F 10:00 AM-11:00 AM

### Finance: Social Security Strategies for Retirement

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#181840 Apr 7 Th 11:00 AM-12:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#181841 Mar 10 Th 11:00 AM-12:00 PM

### Financial: Long Term Care Best Strategies

Learn how best to protect your retirement, your spouse, and your assets so that you can live life to the fullest. This class will help you understand how the need for long-term care could impact your financial security and quality of life. Gain insights and latest strategies to help you maintain your independence. Presented by Jessica Lee, CPA, MBA, Financial Advisor, JBL Financial Group.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#184271 Feb 4 Th 1:00 PM-2:00 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#184272 Feb 5 F 10:00 AM-11:00 AM

## Educational Programs (continued)

### Formed, Fired, and Finished: The Journey to North Carolina

#### Art Pottery

Tar Heel State pottery has long reflected the pride and history of North Carolina-providing an immediate connection to the soil, reminding us of traditions, and creating a personal connection between potter and user, or collector. Listen to how the utilitarian pottery tradition adapted to consumer demands and became known as art pottery. Sponsored by NC Museum of History and Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#185461	Apr 11	M	1:30 PM – 2:30 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#185462	Apr 25	M	1:30 PM – 2:30 PM

#### Health Screening: Blood Pressure

Take advantage of these free blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Kindred Transitional Healthcare.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181845	Jan 5-Apr 18	1stTu, 3rdM	9:30 AM-10:15 AM

#### Health Screening; Hearing

Beltone Hearing Care Centers will provide free 15-minute hearing screenings. In addition, come and see what the inside of your ears look like. Preregister for an individual appointment.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#181853	Mar 3	Th	11:00 AM-1:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181854	Mar 4	F	11:00 AM-1:00 PM

#### Health Topic: Chronic Disease Self-Management

The goal of this course is to enable participants to build self-confidence, to assume a major role in maintaining their health and to help in managing their chronic health conditions. Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#181952	Mar 17-Apr 21	Th	1:00 PM-3:30 PM

#### Health Topic: Chronic Pain Self- Management

This evidence-based course, reviewed by Stanford University and health professionals, gives you tips, helpful suggestions and concrete strategies to maintain your health and manage your pain.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181951	Jan 27-Mar 2	W	1:00 PM-3:30 PM

#### Health Topic: Hearing and Safety

You may not realize how much you rely on hearing to keep yourself out of harm's way. Join Kim Banks and learn about the 'soft' dangers surrounding us every day. Sponsored by Beltone and Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#181851	Mar 3	Th	10:00 AM-11:00 AM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181852	Mar 4	F	10:00 AM-11:00 AM

#### Health Topic: Noggin Joggin'

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim to stave off dementia, strengthen critical thinking skills and promote brain health. Join us monthly in a variety of brain-stimulating activities to keep our brains active. Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#181856	Jan 4-Apr 18	1st&3rd M	1:30 PM-2:30 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181857	Jan 11-Apr 11	2nd M	10:00 AM-11:00 AM

#### Health Topic: Nutrition and Your Health

Join this informative session to learn easy and smart ways to plan, shop and prepare budget friendly healthy meals. Presented by Margaret Mangan, MS, RN , LPN and Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>			Course Fee: \$0
#181763	Mar 31	Th	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181764	Feb 19	F	10:00 AM-11:00 AM

#### Health Topic: Parkinson's Disease Dialogue

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181858	Jan 29-Apr 29	F, M	1:00 PM-2:30 PM

#### Health Topics: Health Talks with Dr. Baldwin

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults. Cosponsor: Resources for Seniors.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181849	Jan 5-Apr 5	1stTu	10:15 AM-11:15 AM

#### Heath Topic: Reflexology

Reflexology is a method for activating the healing powers of the body to reduce stress, improve circulation and revitalize energy. Join us for an introduction to reflexology that will surely lighten your steps. Please bring a towel to class. Presented by Mary Ann Flournoy, licensed massage therapist and instructor.

<b>Five Points Center for Active Adults</b>			Course Fee: \$0
#181850	Mar 7-28	M	2:00 PM-3:00 PM

[parks.raleighnc.gov](http://parks.raleighnc.gov)



## Educational Programs (continued)

### Juicing 101

Learn about juicing and its benefits. Juicing provides many health benefits. Come get inspired with Abbotswood at Stonehenge Wellness Staff and establish healthy eating habits today!

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#185494	Mar 28	M		2:30 PM-3:30 PM
<b>Five Point Center for Active Adults</b>				Course Fee: \$0
#185495	Mar 29	Tu		2:30 PM-3:30 PM

### Legal Topic: Basics of Estate Planning

Tom McCuiston will explain what estate planning really means, including wills and trusts. You will gain a better understanding of this important information. Co-sponsored by Resources for Seniors.

<b>Five Points Center for Active Adults</b>				Course Fee: \$0
#181753	Jan 19	Tu		1:00 PM-2:00 PM

### Legal: The Truth About Trusts

This presentation takes the mystery out of living trusts and explains when a trust is necessary and when it is not. Tom McCuiston will address trust topics, including: When is a trust necessary? When is it not? What is a living trust? What is a testamentary trust? Do you need either? Does a trust help you avoid creditors? Sponsored by Resources for Seniors and McCuiston Law Firm.

<b>Five Points Center for Active Adults</b>				Course Fee: \$0
#181834	Mar 15	Tu		1:00 PM-2:00 PM

### Legal: Understanding Beneficiary Designations

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD)

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181836	Mar 24	Th		10:30 AM-11:30 AM

<b>Five Points Center for Active Adults</b>				
#181837	Mar 22	Tu		1:00 PM-2:00 PM

### Legal: Understanding Veterans' Aid and Assistance Benefits

A veterans' benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181838	Apr 14	Th		10:30 AM-11:30 AM

<b>Five Points Center for Active Adults</b>				Course Fee: \$0
#181839	Apr 12	Tu		1:00 PM-2:00 PM

### Life Writing

Diane Meyer, a retired English teacher, will lead you in writing your memoir. She sets the stage that invites stories to flow. Come and explore your stories!

<b>Five Points Center for Active Adults</b>				Course Fee: \$15
#180581	Jan 21-Feb 25	Th		1:00 PM-3:00 PM

### Living Well at Home

This presentation gives information on making the most of your doctor visits, understanding your medications; safety tips to avoid mishaps at home and where to find resources available to seniors in the community. Sponsored by Aware Senior Care and Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181756	Mar 10	Th		10:00 AM-11:00 AM

<b>Five Points Center for Active Adults</b>				
#181757	Feb 23	Tu		10:00 AM-11:00 AM

### Lunch and Learn for Adults

This monthly series of educational meetings, with lunch provided, is designed to inform, educate and answer questions related to healthy living and well-being. Preregistration is required for lunch. Sponsors: Resources for Seniors and Sunrise Assisted Living.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181758	Jan 14-Apr 14	2 <sup>nd</sup> Th		12:00 PM-1:00 PM

### Making the Most of Your Spring Fashions

We will look at your spring color palette and ways to dress up your warm weather wardrobe. We will explore how to plan ahead for those special occasions (graduations, weddings, special holidays) when we don't know what to wear. Sponsored by Talbots and Resources for Seniors.

<b>Five Points Center for Active Adults</b>				Course Fee: \$0
#181759	Apr 15	F		10:00 AM-11:00 AM

### Organization: When Collecting Becomes Clutter

Bring an example of something you collect, and we will share our stories. We will look at what we collect and how collecting can lead to clutter or hoarding. Why do we acquire things in our lives? Is collecting a healthy practice? Learn about the advantages and disadvantages of collecting, clutter and hoarding. Presented by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181842	Feb 8	M		1:00 PM-2:00 PM

### Path to Peace: Healing Our Grief

In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class to foster trusting relationships within the

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$0
#181765	Feb 4-25	Th		10:00 AM-11:30 AM



## Educational Programs (continued)

### Resources for Seniors: Who Are We and How Can We Help

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

<b>Anne Gordon Center for Active Adults</b> Course Fee: \$0			
#181825	Jan 21	Th	11:00 AM-12:00 PM
<b>Five Points Center for Active Adults</b> Course Fee: \$0			
#181826	Jan 22	F	10:00 AM-11:00 AM

### Restorative Writing

Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves 'writers.' This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember, and reconsider. We will honor our loved ones, reimagine our lives now, and discover inner resources we had no idea were within us. Lunch will be provided.

Pre-registration is required. Presented by Heartland Hospice and Resources for Seniors.

<b>Five Points Center for Active Adults</b> Course Fee: \$0			
#185498	Mar 15	Tu	11:00 AM-2:00 PM

### SHIIP Counseling Appointments

These one-on-one appointments will help you to understand your options with the Seniors' Health Insurance Information Program (SHIIP). Our trained SHIIP volunteer will help you identify Medicare health or drug plans that best meet your needs. You must preregister for an appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

<b>Anne Gordon Center for Active Adults</b> Course Fee: \$0			
#181829	Jan 4-Apr 25	M	12:30 PM-3:30 PM
<b>Five Points Center for Active Adults</b> Course Fee: \$0			
#181830	Jan 6-Apr 28	W-Th	1:00 PM-4:00 PM



## Fitness Programs

### 60 Seconds to Good Health

Eat lunch later -- exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse

<b>Five Points Center for Active Adults</b> Course Fee: \$8			
#180249	Jan 4-25	M	11:45 AM-12:45 PM
#180250	Feb 1-29	M	11:45 AM-12:45 PM
#180251	Mar 7-28	M	11:45 AM-12:45 PM
#180252	Apr 4-25	M	11:45 AM-12:45 PM

### Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

<b>Anne Gordon Center for Active Adults</b> Course Fee: \$8			
#180254	Jan 5-26	Tu	2:00 PM-2:45 PM
#180255	Feb 2-23	Tu	2:00 PM-2:45 PM
#180256	Mar 1-29	Tu	2:00 PM-2:45 PM
#180257	Apr 5-26	Tu	2:00 PM-2:45 PM

<b>Five Points Center for Active Adults</b> Course Fee: \$8			
#180258	Jan 6-27	W	2:00 PM-2:45 PM
#180259	Feb 3-24	W	2:00 PM-2:45 PM
#180260	Mar 2-30	W	2:00 PM-2:45 PM
#180261	Apr 6-27	W	2:00 PM-2:45 PM

### BeneFitness

Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the BeneFitness of exercise! Instructor: Bill Unger

<b>Five Points Center for Active Adults</b> Course Fee: \$0			
#180262	Jan 5-28	Tu, Th	9:30 AM-10:15 AM
#180263	Feb 2-25	Tu, Th	9:30 AM-10:15 AM
#180264	Mar 1-31	Tu, Th	9:30 AM-10:15 AM
#180265	Apr 5-28	Tu, Th	9:30 AM-10:15 AM

### Bootcamp

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class and bring a towel! This is an intermediate/advanced level class.

<b>Five Points Center for Active Adults</b> Course Fee: \$8			
#180266	Jan 6-27	W	4:30 PM-5:30 PM
#180267	Feb 3-24	W	4:30 PM-5:30 PM
#180268	Mar 2-30	W	4:30 PM-5:30 PM
#180269	Apr 6-27	W	4:30 PM-5:30 PM
#185844	Jan 4-25	M	4:30 PM-5:30 PM
#185847	Feb 1-29	M	4:30 PM-5:30 PM
#185849	Mar 7-28	M	4:30 PM-5:30 PM
#185850	Apr 4-25	M	4:30 PM-5:30 PM

## Fitness Programs (continued)

### Cardio Sculpt

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome. Instructor: Jane Stenhouse.

Five Points Center for Active Adults			Course Fee: \$8
#180312	Jan 4-25	M	10:15 AM-11:15 AM
#180313	Feb 1-29	M	10:15 AM-11:15 AM
#180314	Mar 7-28	M	10:15 AM-11:15 AM
#180315	Apr 4-25	M	10:15 AM-11:15 AM
#180316	Jan 5-26	Tu	10:15 AM-11:15 AM
#180317	Feb 2-23	Tu	10:15 AM-11:15 AM
#180318	Mar 1-29	Tu	10:15 AM-11:15 AM
#180319	Apr 5-26	Tu	10:15 AM-11:15 AM
#180320	Jan 6-27	W	10:15 AM-11:15 AM
#180321	Feb 3-24	W	10:15 AM-11:15 AM
#180322	Mar 2-30	W	10:15 AM-11:15 AM
#180323	Apr 6-27	W	10:15 AM-11:15 AM
#180324	Jan 7-28	Th	10:15 AM-11:15 AM
#180325	Feb 4-25	Th	10:15 AM-11:15 AM
#180326	Mar 3-31	Th	10:15 AM-11:15 AM
#180327	Apr 7-28	Th	10:15 AM-11:15 AM

### Fit Warrior

This class uses drumming techniques and traditional fitness moves to provide strength training, cardio, balance training and seated ab work. Instructor: Bettie Ittenbach

Five Points Center for Active Adults			Course Fee: \$8
#181939	Feb 1-29	M	2:30 PM-3:15 PM
#181940	Mar 7-28	M	2:30 PM-3:15 PM
#181941	Apr 4-25	M	2:30 PM-3:15 PM

### Five Points Fitness Room

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours but will be closed for Group Fitness Training classes 10:15 a.m.-11 a.m. and 2 p.m.-2:45 p.m. on Monday, Wednesday and Friday.

Five Points Center for Active Adults			Course Fee: \$0
#180329	Jan 5-May 6	M-F	9:00 AM-6:00 PM

### Five Points Fitness Room Orientation

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults			Course Fee: \$0
Please see staff for schedule.			

### Group Fitness

This course provides instruction on fitness equipment in the fitness room of the Five Points Center for Active Adults. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome.

Five Points Center for Active Adults			Course Fee: \$5/Session
Please see staff for schedule.			

### Line Dance for Active Adults

Enjoy a fun workout while learning line dance steps. There is a class for every experience level! Instructor: Mitzi Kelley.

### Anne Gordon Center for Active Adults

Introductory Level			Course Fee: \$0
#180333	Jan 8-29	F	2:15 PM-3:15 PM
#180334	Feb 5-26	F	2:15 PM-3:15 PM
#180335	Mar 4-18	F	2:15 PM-3:15 PM
#180336	Apr 1-29	F	2:15 PM-3:15 PM
Beginner/Improver Level			Course Fee: \$0
#180337	Jan 8-29	F	1:00 PM-2:00 PM
#180338	Feb 5-26	F	1:00 PM-2:00 PM
#180339	Mar 4-18	F	1:00 PM-2:00 PM
#182319	Apr 1-29	F	1:00 PM-2:00 PM

### Five Points Center for Active Adults

Beginner/Improver Level			Course Fee: \$0
#180340	Jan 4-27	M, W	1:00 PM-2:00 PM
#180341	Feb 1-29	M, W	1:00 PM-2:00 PM
#180342	Mar 2-30	W, M	1:00 PM-2:00 PM
#180343	Apr 4-27	M, W	1:00 PM-2:00 PM
Intermediate Level			Course Fee: \$0
#180344	Jan 4-27	M, W	2:00 PM-3:00 PM
#180345	Feb 1-29	M, W	2:00 PM-3:00 PM
#180346	Mar 2-30	W, M	2:00 PM-3:00 PM
#180347	Apr 4-27	M, W	2:00 PM-3:00 PM

### Line Dance Open Studio

Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults			Course Fee: \$0
#180348	Jan 8-May 6	F	1:30 PM-3:00 PM

### Personal Training Sessions

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults			Course Fee: \$25/Session
#180356	Jan 4-May 6	M-F	9:30 AM-5:30 PM

## Fitness Programs (continued)

### Pilates for Active Adults

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor.

#### Five Points Center for Active Adults Course Fee: \$8

Instructor: Kathy Cassidy

#180361	Jan 4-25	M	9:15 AM-10:00 AM
#180362	Feb 1-29	M	9:15 AM-10:00 AM
#180363	Mar 7-28	M	9:15 AM-10:00 AM
#180364	Apr 4-25	M	9:15 AM-10:00 AM

Instructor: Jane Stenhouse

#180365	Jan 7-28	Th	12:00 PM-12:45 PM
#180366	Feb 4-25	Th	12:00 PM-12:45 PM
#180367	Mar 3-31	Th	12:00 PM-12:45 PM
#180368	Apr 7-May 5	Th	12:00 PM-12:45 PM

### Powerwalk

Are you ready to pick up the pace of your walks but not quite sure how to do it? Join this high-energy group as we walk, trot and jog our way through the beautiful Five Points area. Warm-up and cool-down exercises included. This is an intermediate level class.

#### Five Points Center for Active Adults Course Fee: \$0

#180369	Jan 4-25	M	1:00 PM-2:00 PM
#180370	Feb 1-29	M	1:00 PM-2:00 PM
#180371	Mar 7-28	M	1:00 PM-2:00 PM
#180372	Apr 4-25	M	1:00 PM-2:00 PM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

[parks.raleighnc.gov](http://parks.raleighnc.gov)

Not sure if a fitness class would be right for you or just interested in finding out more about the class? Try a class out at no cost before you join.

### Qi Gong

Learn the 24 simple movements of Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, which is designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. This is a beginner level class.

Instructor: Kathy Bundy

#### Anne Gordon Center for Active Adults

##### Qi Gong

Course Fee: \$8

#180374	Jan 8-29	F	10:30 AM-11:15 AM
#180375	Feb 5-26	F	10:30 AM-11:15 AM
#180376	Mar 4-18	F	10:30 AM-11:15 AM
#180377	Apr 1-29	F	10:30 AM-11:15 AM
#180378	Jan 5-26	Tu	10:30 AM-11:15 AM
#180379	Feb 2-23	Tu	10:30 AM-11:15 AM
#180380	Mar 1-29	Tu	10:30 AM-11:15 AM
#180381	Apr 5-26	Tu	10:30 AM-11:15 AM

##### Qi Gong for Joint Health

#180390	Jan 8-29	F	11:30 AM-12:15 PM
#180391	Feb 5-26	F	11:30 AM-12:15 PM
#180392	Mar 4-18	F	11:30 AM-12:15 PM
#180393	Apr 1-29	F	11:30 AM-12:15 PM

#### Five Points Center for Active Adults

Course Fee: \$8

##### Qi Gong

#180382	Jan 8-29	F	9:15 AM-10:00 AM
#180383	Feb 5-26	F	9:15 AM-10:00 AM
#180384	Mar 4-18	F	9:15 AM-10:00 AM
#180385	Apr 1-29	F	9:15 AM-10:00 AM





## Fitness Programs (continued)

### Seniortise

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

**Anne Gordon Center for Active Adults** Course Fee: \$8

Instructor: Dana Kincaid

#180418	Jan 5-26	Tu	9:15 AM-10:00 AM
#180419	Feb 2-23	Tu	9:15 AM-10:00 AM
#180420	Mar 1-29	Tu	9:15 AM-10:00 AM
#180421	Apr 5-26	Tu	9:15 AM-10:00 AM
#180422	Jan 7-28	Th	9:15 AM-10:00 AM
#180423	Feb 4-25	Th	9:15 AM-10:00 AM
#180424	Mar 3-31	Th	9:15 AM-10:00 AM
#180425	Apr 7-28	Th	9:15 AM-10:00 AM

**Five Points Center for Active Adults** Course Fee: \$8

Instructor: Dana Kincaid

#180426	Jan 4-25	M	1:30 PM-2:15 PM
#180427	Feb 1-29	M	1:30 PM-2:15 PM
#180428	Mar 7-28	M	1:30 PM-2:15 PM
#180429	Apr 4-25	M	1:30 PM-2:15 PM

**Greystone Community Center**

Course Fee: \$8

Instructor: Lauren Llewellyn

#180402	Jan 4-25	M	10:00 AM-10:45 AM
#180403	Feb 1-29	M	10:00 AM-10:45 AM
#180404	Mar 7-28	M	10:00 AM-10:45 AM
#180405	Apr 4-25	M	10:00 AM-10:45 AM
#180406	Jan 8-29	F	10:00 AM-10:45 AM
#180407	Feb 5-26	F	10:00 AM-10:45 AM
#180408	Mar 4-18	F	10:00 AM-10:45 AM
#180409	Apr 1-29	F	10:00 AM-10:45 AM

**Lake Lynn Community Center**

Course Fee: \$8

Instructor: Lauren Llewellyn

#180394	Jan 5-26	Tu	9:00 AM-9:45 AM
#180395	Feb 2-23	Tu	9:00 AM-9:45 AM
#180396	Mar 1-29	Tu	9:00 AM-9:45 AM
#180397	Apr 5-26	Tu	9:00 AM-9:45 AM
#180398	Jan 7-28	Th	9:00 AM-9:45 AM
#180399	Feb 4-25	Th	9:00 AM-9:45 AM
#180400	Mar 3-31	Th	9:00 AM-9:45 AM
#180401	Apr 7-28	Th	9:00 AM-9:45 AM

### Seniortise (continued)

**Powell Drive Park**

Course Fee: \$8

Instructor: Bill Unger

#180410	Jan 5-26	Tu	1:00 PM-1:45 PM
#180411	Feb 2-23	Tu	1:00 PM-1:45 PM
#180412	Mar 2-29	Tu	1:00 PM-1:45 PM
#180413	Apr 5-26	Tu	1:00 PM-1:45 PM
#180414	Jan 7-28	Th	1:00 PM-1:45 PM
#180415	Feb 4-25	Th	1:00 PM-1:45 PM
#180416	Mar 3-31	Th	1:00 PM-1:45 PM
#180417	Apr 7-28	Th	1:00 PM-1:45 PM

**Tarboro Rd Community Center**

Course Fee: \$0

Instructor: Dana Kincaid

#183582	Jan 6-29	W, F	10:00 AM-10:45 AM
#183584	Feb 3-26	W, F	10:00 AM-10:45 AM
#183585	Mar 2-30	W, F	10:00 AM-10:45 AM
#183586	Apr 6-29	W, F	10:00 AM-10:45 AM

### Seniors In Motion

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements.

**Laurel Hills Community Center**

Course Fee: \$8

Instructor: Bettie Ittenbach

#180434	Jan 6-27	W	10:15 AM-11:15 AM
#180435	Feb 3-24	W	10:15 AM-11:15 AM
#180436	Mar 2-30	W	10:15 AM-11:15 AM
#180437	Apr 6-27	W	10:15 AM-11:15 AM
#180438	Jan 8-29	F	10:15 AM-11:15 AM
#180439	Feb 5-26	F	10:15 AM-11:15 AM
#180440	Mar 4-18	F	10:15 AM-11:15 AM
#180441	Apr 1-29	F	10:15 AM-11:15 AM

### Silver Cardio

Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Ittenbach.

**Five Points Center for Active Adults**

Course Fee: \$8

#180446	Jan 7-28	Th	1:00 PM-2:00 PM
#180447	Feb 4-25	Th	1:00 PM-2:00 PM
#180448	Mar 3-31	Th	1:00 PM-2:00 PM
#180449	Apr 7-28	Th	1:00 PM-2:00 PM



## Fitness Programs (continued)

### Tai Chi Chih

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

#### Five Points Center for Active Adults

##### Beginner Level

			Course Fee: \$8
#180459	Jan 4-25	M	10:00 AM-11:00 AM
#180460	Feb 1-29	M	10:00 AM-11:00 AM
#180461	Mar 7-28	M	10:00 AM-11:00 AM
#180462	Apr 4-25	M	10:00 AM-11:00 AM

##### Intermediate Level

			Course Fee: \$8
#180463	Jan 4-25	M	11:00 AM-12:00 PM
#180464	Feb 1-29	M	11:00 AM-12:00 PM
#180465	Mar 7-28	M	11:00 AM-12:00 PM
#180466	Apr 4-25	M	11:00 AM-12:00 PM

### T'ai Chi for Active Adults

T'ai chi is a low/no-impact slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Focus is on breathing naturally and paying attention to your movements and your bodily sensations. Practitioners believe that it enhances the immune system, lowers blood pressure, reduces chronic pain and more! Instructor: Michael Hronas.

#### Anne Gordon Center for Active Adults Course Fee: \$8

##### T'ai Chi for Beginners

#180454	Jan 4-25	M	1:00 PM-1:45 PM
#180455	Feb 1-29	M	1:00 PM-1:45 PM
#180456	Mar 7-28	M	1:00 PM-1:45 PM
#180457	Apr 4-25	M	1:00 PM-1:45 PM

##### T'ai Chi for Advanced Beginners

#180450	Jan 7-28	Th	1:30 PM-2:30 PM
#180451	Feb 4-25	Th	1:30 PM-2:30 PM
#180452	Mar 3-31	Th	1:30 PM-2:30 PM
#180453	Apr 7-28	Th	1:30 PM-2:30 PM

### Total Body Conditioning

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence. Instructor: Jane Stenhouse.

#### Five Points Center for Active Adults

			Course Fee: \$8
#180476	Jan 5-26	Tu	1:00 PM-2:00 PM
#180477	Feb 2-23	Tu	1:00 PM-2:00 PM
#180478	Mar 1-29	Tu	1:00 PM-2:00 PM
#180479	Apr 5-26	Tu	1:00 PM-2:00 PM
#180480	Jan 7-28	Th	1:00 PM-2:00 PM
#180481	Feb 4-25	Th	1:00 PM-2:00 PM
#180482	Mar 3-31	Th	1:00 PM-2:00 PM
#180483	Apr 7-28	Th	1:00 PM-2:00 PM

### Total Body Toning

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints. Instructor: Sandy Stanton.

#### Five Points Center for Active Adults

			Course Fee: \$8
#180484	Jan 6-27	W	11:30 AM-12:30 PM
#180485	Feb 3-24	W	11:30 AM-12:30 PM
#180486	Mar 2-30	W	11:30 AM-12:30 PM
#180487	Apr 6-27	W	11:30 AM-12:30 PM
#180488	Jan 8-29	F	11:30 AM-12:30 PM
#180489	Feb 5-26	F	11:30 AM-12:30 PM
#180490	Mar 4-18	F	11:30 AM-12:30 PM
#180491	Apr 1-29	F	11:30 AM-12:30 PM

### Wednesday Walk and Wellness

Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm-up and cool-down techniques are included. Instructor: Jane Stenhouse.

#### Five Points Center for Active Adults

			Course Fee: \$0
#180492	Jan 6-Apr 27	W	1:00 PM-2:00 PM



## Fitness Programs (continued)

### Yoga - Chair Yoga

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

**Anne Gordon Center for Active Adults** Course Fee: \$8

Instructor: Mary Flournoy

#180506	Jan 7-28	Th	10:15 AM-11:15 AM
#180507	Feb 4-25	Th	10:15 AM-11:15 AM
#180508	Mar 3-31	Th	10:15 AM-11:15 AM
#180509	Apr 7-28	Th	10:15 AM-11:15 AM
#185839	Jan 7-28	Th	11:30 AM-12:30 PM
#185840	Feb 4-25	Th	11:30 AM-12:30 PM
#185841	Mar 3-31	Th	11:30 AM-12:30 PM
#185842	Apr 7-28	Th	11:30 AM-12:30 PM
#180510	Jan 4-25	M	9:15 AM-10:00 AM
#180511	Feb 1-29	M	9:15 AM-10:00 AM
#180512	Mar 7-28	M	9:15 AM-10:00 AM
#180513	Apr 4-25	M	9:15 AM-10:15 AM

**Five Points Center for Active Adults** Course Fee: \$8

Instructor: Rose Parli

#180494	Jan 5-26	Tu	11:30 AM-12:45 PM
#180495	Mar 1-29	Tu	11:30 AM-12:45 PM
#180496	Feb 2-23	Tu	11:30 AM-12:45 PM
#180497	Apr 5-26	Tu	11:30 AM-12:30 PM
#180498	Feb 4-25	Th	11:30 AM-12:45 PM
#180499	Jan 7-28	Th	11:30 AM-12:45 PM
#180500	Mar 3-31	Th	11:30 AM-12:45 PM
#180501	Apr 7-28	Th	11:30 AM-12:45 PM

Instructor:

#180502	Jan 7-28	Th	3:00 PM-4:00 PM
#180514	Feb 4-25	Th	2:30 PM-3:30 PM
#180515	Mar 3-31	Th	2:30 PM-3:30 PM
#180516	Apr 7-28	Th	2:30 PM-3:30 PM

**Laurel Hills Community Center** Course Fee: \$8

Instructor: Bettie Ittenbach

#180517	Jan 6-27	W	11:30 AM-12:15 PM
#180518	Feb 3-24	W	11:30 AM-12:15 PM
#180519	Mar 2-30	W	11:30 AM-12:15 PM
#180520	Apr 6-27	W	11:30 AM-12:15 PM



### Yoga-Gentle Yoga for Beginners

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class also incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level

**Anne Gordon Center for Active Adults** Course Fee: \$8

Instructor: Mary Flournoy

#180561	Jan 4-25	M	10:30 AM-11:30 AM
#180562	Feb 1-29	M	10:30 AM-11:30 AM
#180563	Mar 7-28	M	10:30 AM-11:30 AM
#180564	Apr 4-25	M	10:30 AM-11:30 AM
#185843	Jan 6-27	W	3:30 PM- 4:30 PM
#185845	Feb 3-24	W	3:30 PM- 4:30 PM
#185846	Mar 2-23	W	3:30 PM- 4:30 PM
#185848	Apr 6-27	W	3:30 PM- 4:30 PM

**Five Points Center for Active Adults** Course Fee: \$8

Instructor: Elka Harabin

#180553	Jan 4-25	M	3:15 PM-4:15 PM
#180554	Feb 1-29	M	3:15 PM-4:15 PM
#180555	Mar 7-28	M	3:15 PM-4:15 PM
#180556	Apr 4-25	M	3:15 PM-4:15 PM
#180557	Jan 6-27	W	3:15 PM-4:15 PM
#180558	Feb 3-24	W	3:15 PM-4:15 PM
#180559	Mar 2-30	W	3:15 PM-4:15 PM
#180560	Apr 6-27	W	3:15 PM-4:15 PM

### Zumba® - Gold

Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

**Anne Gordon Center for Active Adults** Course Fee: \$8

#180573	Jan 5-26	Tu	9:15 AM-10:00 AM
#180574	Feb 2-23	Tu	9:15 AM-10:00 AM
#180575	Mar 1-29	Tu	9:15 AM-10:00 AM
#180576	Apr 5-26	Tu	9:15 AM-10:00 AM
#180577	Jan 7-28	Th	1:00 PM-1:45 PM
#180578	Feb 4-25	Th	1:00 PM-1:45 PM
#180579	Mar 3-31	Th	1:00 PM-1:45 PM
#180580	Apr 7-28	Th	1:00 PM-1:45 PM

**Five Points Center for Active Adults** Course Fee: \$8

#180565	Jan 8-29	F	12:30 PM-1:15 PM
#180566	Feb 5-26	F	12:30 PM-1:15 PM
#180567	Mar 4-18	F	12:30 PM-1:15 PM
#180568	Apr 1-29	F	12:30 PM-1:15 PM
#180569	Jan 5-26	Tu	12:00 PM-12:45 PM
#180570	Feb 2-23	Tu	12:00 PM-12:45 PM
#180571	Mar 1-29	Tu	12:00 PM-12:45 PM
#180572	Apr 5-26	Tu	12:00 PM-12:45 PM



## Social Programs

### Bingo

This is not your typical bingo. We play a variety of games each day, including straight bingo, 4 corners, postage stamp and clear all. Cost is \$1 for three cards or 50 cents per card.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
#180874 Jan 8-Apr 29 F 9:30 AM-12:00 PM

### Bridge for Active Adults - Open Play

Join other bridge players for this open play program. All experience levels are welcome.

**Five Points Center for Active Adults** Course Fee: \$0  
#180270 Jan 7-Apr 28 Th 10:00 AM-12:00 PM  
#180271 Jan 8-Apr 29 F 12:30 PM-3:00 PM  
#180272 Jan 6-Apr 27 W 9:30 AM-12:30 PM

### Cards and Mah Jongg Open Play

Want to play bridge, canasta, poker, mah jongg or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#182536 Jan 8-Apr 29 F 1:00 PM-4:00 PM  
#182537 Jan 5-Apr 26 Tu 12:30 PM-3:00 PM  
#182538 Jan 6-Apr 27 W 1:00 PM-3:00 PM

### Mah Jongg

Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

### Five Points Center for Active Adults

*Beginner* Course Fee: \$0  
#180349 Jan 7-28 Th 2:00 PM-4:00 PM  
*Intermediate* Course Fee: \$0  
#180351 Feb 4-Mar 3 Th 2:00 PM-4:00 PM  
*Open Play* Course Fee: \$0  
#180353 Jan 7-Apr 28 Th 2:00 PM-4:00 PM

### Greystone Community Center

*Beginner* Course Fee: \$0  
#180350 Jan 4-25 M 2:00 PM-4:00 PM  
*Intermediate* Course Fee: \$0  
#180352 Feb 1-29 M 2:00 PM-4:00 PM  
*Open Play* Course Fee: \$0  
#180354 Jan 4-Apr 25 M 2:00 PM-4:00 PM

**Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others?**

The Adult Program is always interested in new program ideas or classes. We would love to talk to you and hear your ideas!

### Men's Monday Mornings

Men, are you looking for a place to hang out, play some games, and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee, and have an easy and fun game of video bowling. Other games like card games and cornhole are also a possibility or just pop in for a visit.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#180355 Jan 4-Apr 25 M 9:00 AM-12:00 PM

### Murder Mystery

Test out your detective skills as you attempt to solve a murder! You may choose to play a character or not, but all are asked to dress for the theme. Refreshments will be provided and prizes will be awarded for best costume and to the winning guess.

**Five Points Center for Active Adults** Course Fee: \$5  
#185499 Feb 17 W 3:00 PM-4:00 PM

### Wednesday Matinee at the Anne Gordon Center

Join your friends to enjoy a recently released movie or a popular classic from the silver screen. Bring your own popcorn, snacks, and drinks. We have a microwave available for your use and the drink machine dispenses 16oz bottles for \$1. The Movies are free. Registration not required, you will be asked to sign-in upon arrival.

**Anne Gordon Center for Active Adults**  
#185853 Jan 6-Apr 27 W 1:30 PM-4:00 PM



**The Adult Program is pleased to announce the re-opening of Walnut Terrace Neighborhood Center!**

Walnut Terrace Neighborhood Center is located at 1256 McCauley St in southeast Raleigh and will offer various art, education, fitness, and social programs. For more information, please contact Todd Riddick at 919-996-2151 or [todd.riddick@raleighnc.gov](mailto:todd.riddick@raleighnc.gov).

## Sports Programs

### Pickleball

Pickleball is a wonderful fitness and social activity that combines racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

#### Five Points Center for Active Adults

#180357	Jan 6-Apr 27	W	12:30 PM-3:00 PM
	Jan 2-Apr 24	F	2:30 PM-5:30 PM

### Table Tennis Free Play

Learn to play table tennis. All ability levels are welcome.

#### Five Points Center for Active Adults

			Course Fee: \$0
#180458	Jan 4-Apr 25	M	1:00 PM-3:00 PM



## Wake County Senior Games and Silver Arts

Last year the Wake County Senior Games and Silver Arts has over 650 participants -- competing in over 30 sporting events and Silver Arts events. Join today and start making memories with really wonderful people. Volunteer and/or play today.

[www.wcseniorgames.org](http://www.wcseniorgames.org)

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.



Are you interested in teaching a class or have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas or classes. We would love to talk to you and hear your ideas!

**Website:**  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Keyword Search:**  
Active Adults



## Account and Program Registration Form

### Main Contact

Remember you can also register online with RecLink at [parks.raleighnc.gov](http://parks.raleighnc.gov)

☐ **Raleigh Resident** ☐ **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ \*Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Pictures or video may be taken of participant for use in program publicity. ☐ Please check, if you **do not** approve

**Registration Receipt:** (for mail-in) I would like my receipt (please check one) ☐ **emailed (valid email address required)** ☐ **printed/mailed**

★ By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources .

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. **To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program.** For more information please contact Inclusion Services 919.996.2147

### Participant #1 Information

Participant #1 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: \_\_\_\_\_

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

### Participant #2 Information

Participant #2 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: \_\_\_\_\_

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

### Account Information

☐ **Create a New Account**

☐ **Update my Account**

☐ **Please send me My Family PIN and Client Barcode**

### Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ \_\_\_\_\_

I would like to make a donation to support a child's participation in  
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ \_\_\_\_\_

I would like to make a donation to support tree planting in Raleigh through the Neighborwoods Program (specify amount) \$ \_\_\_\_\_

**TOTAL AMOUNT DUE** \$ \_\_\_\_\_





## Account and Program Registration Form

### Payment Information

☐ **Check #** \_\_\_\_\_ (checks payable to City of Raleigh) ☐ **Money Order**

☐ **Credit Card:** ☐ **Visa** ☐ **Mastercard** ☐ **American Express** Expiration Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Print name as it appears on card \_\_\_\_\_ Billing Address \_\_\_\_\_

Card # \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

### Refund Policy

- 100% refund/credit/transfer if the Department cancels the program or the facility rental.
- Refund requests received in writing at least 14 or more days in advance of the program/rental/team placement date are entitled to:
  - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
  - B. 85% refund based on the total cost of the program or rental;
  - C. 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days in advance of the program/rental/team placement date will not be granted.
- Refunds for medical circumstances requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** [Rbo.registration@raleighnc.gov](mailto:Rbo.registration@raleighnc.gov)

### Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

### City of Raleigh Release and Indemnity Agreement

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

### Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, July 28, 2015

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form.  
Signature is required to complete the registration process.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of parent/legal guardian if child is under 18** \_\_\_\_\_ **Date** \_\_\_\_\_

# Golden Years Senior Club

Clubs are composed of persons age 55 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club leader for more information.

## **Asbury Joy Club**

Asbury UMC  
3rd Thursday, 11am  
Velma (919)847-0775

## **Brier Creek Senior Club**

Brier Creek Comm. Center  
Tuesdays, 10am  
Robert (919) 420-2340

## **Caraleigh Club**

Caraleigh Comm.Clubhouse  
Tuesdays, 10am  
Mary Lou (919) 846-0492

## **Carolina Pines Club**

Carolina Pines Comm.  
Center  
2nd Wednesday, 10:30am  
Tonya (919) 831-6435

## **Catholic Golden Age**

Millbrook Exchange Center  
1st Sunday, 1:30pm  
Ed (919) 217-9580

## **Fellowship Club**

West Raleigh Presbyterian  
2nd/4th Tuesday, 10am  
Laura (919) 851-7042

## **Fifty-Five Plus Club**

Anne Gordon Center  
Wednesdays, 9:15am  
Jane (919)872-3006

## **First Cosmopolitan Club**

First Cosmopolitan Baptist  
Church  
3rd Wednesday, 1pm  
Gene (919) 266-1222

## **G.E.M.S.**

Watts Chapel  
Wednesday after the 1st/3rd  
Sunday, 10:30am  
Gaynelle (919)851-0869

## **Go-Getters Club**

Stonehenge Apts.  
Clubhouse  
2nd/4th Thursday, 10am  
Lauren (919) 612-5164

## **Golden Eagles Club**

Top Greene Center  
2nd Wednesday, 11am  
Carletta (919) 996-2730

## **Golden Jewels**

St. Paul AME Church  
Wednesdays, 10am  
Vallarie (919) 789-2266

## **Grand Age Club**

Hayes Barton United  
Methodist  
Thursdays, 11:15am  
Margie (919) 467-0572

## **Hedingham Hi-Milers**

Willow Oak Clubhouse  
3rd Tuesday, 10:30am  
Bob (919) 981-0824

## **Keenagers Club**

White Memorial  
Presbyterian  
Thursdays, 10:30am  
Judy (919) 834-3424

## **Lake Lynn Seniors**

Lake Lynn Comm. Center  
Tuesdays, 10am  
Karen (919) 841-0324

## **Lions Park Club**

Lions Park Comm. Center  
1st/3rd Wednesday, 10am  
Jason (919) 831-6995

## **NRUMC Joy Club**

North Raleigh UMC  
1st, 2nd, 3rd, 5th Wed, 11am  
Cletha (919) 847-5988

## **Parkview Manor**

Parkview Manor Apartments  
2nd Tuesday, 2:00pm  
Juanita (919) 601-8989

## **Platinum Plus**

Ralph Campbell Center  
Wednesdays, 10:30am  
Ricky (919) 250-2757

## **Pullen Park Club**

Pullen Park Comm. Center  
Wednesdays, 10am  
Abigail (919) 831-6052

## **Quail Hollow Club**

Eastgate Center  
Wednesdays, 9:45am  
Susan (919) 870-0557

## **Roberts Park SR Club**

Roberts Park Comm. Cntr  
Wednesdays, 10:30am  
Sherri (919) 831-6830

## **Snappy Seniors**

Marsh Creek Comm. Center  
1st and 3rd Monday, 10am  
Dorothy (704)928-6613

## **St. Francis of Assisi 55+Club**

St. Francis of Assisi Parish  
2nd Wed 11am  
4th Wed 12pm  
Kathy (919) 848-1557

## **St. Joseph's Seniors**

St. Joseph's Catholic  
Church  
1st Tuesday, 12pm  
4th Thursday, Dinner  
Liz (919) 872-2917

## **Smiling Age Club**

Biltmore Hills Comm. Center  
Tuesdays, 10am  
Kenny (919) 831-6895

## **Thirty-Niners Club**

First Baptist Church  
Thursdays, 10:30am  
Mary Alice (919) 832-4485

## **Touch of Love**

St. Matthew Baptist Church  
Wed after the 2nd/4th  
Sunday, 10:30am  
Dee (919) 630-0320

## **The Trailblazers**

Mt. Pleasant Baptist  
Church  
2nd Tuesday 10:30 am  
Lizzie (919)847-0831

## **Trinity JOY Club**

Trinity UMC  
3rd Tuesday, 11am  
Mary (919) 845-9626

## **Wakefield Villagers Club**

Villages of Wakefield  
2nd/4th Tuesday, 9am  
Margaret (919) 556-9541

## **Worthdale Walkers Club**

Worthdale Comm. Center  
Thursdays, 11am  
Carletta (919) 996-2730

## **Young at Heart Club**

Five Points Center  
2nd/4th Wednesday, 10am  
Brenda (919) 834-8170

**This information is not to be used for solicitation purposes.**

## Adult Program Trips

Trip fliers and registration forms can be found on the website at [www.raleighnc.gov](http://www.raleighnc.gov), keyword search "Adult Programs" or by calling one of the Active Adult Centers. If you are interested receiving informational fliers on all trips, just ask the staff for an Adult Program Trip Brochure. This brochure offers a request form that allows you the opportunity to receive information on all of the trips you are interested in via email or mail once the trip details have been finalized and the individual trip flier is available.

### One-Day Trips

**January - Lake Mattamuskeet:** Visit one of the most beautiful natural resources in NC! This wildlife refuge is made up of 50,000 acres of marshes, woods and water.

**February – Sanford:** Enjoy a delicious lunch at Mrs. Lacey's followed by the Temple Theaters production of "Hank and My Honky Tonk Hero's" brought to life by Jason Petty.

**March – Raleigh:** Discover exciting places that Raleigh has to offer. This trip is for those who have lived here for years, as well as, for newcomers.

**April – Ellerbe:** Travel through time at the Rankin Museum as you experience other continents and cultures. Afterwards, enjoy lunch at Ellerbe Springs Inn and Restaurant.

**May – Durham:** Bring your cameras as you will be amazed by 10 different species of Lemurs at the Duke Lemur Center. Followed by a trip to the Museum of Life & Science where you can enjoy a train ride, Insectarium, butterfly house, and more.

**June – Greensboro:** Carolina Sciquarium is Central NC's first aquarium featuring live sharks, penguins, fishing cats, stingrays and exotic fish.

**August– Angier:** Spend the day in the quiet country setting of Gregory Vineyards with tour, wine tasting, and delicious lunch.

**October - Wilson/Rocky Mount:** Discover how the late Vollis Simpson created amazing pieces of art known as Whirligigs. Followed by Stonewall Manor tour and lunch.

### 2016 Multi-Day Trips

**April - Norfolk, VA:** Discover the Virginia International Tattoo Arts Festival which includes military bands, drill teams, bagpipers, drummers, Celtic dancers, choirs, The Parade of Nations, and much more from around the globe.

**June - Oregon/Washington Area:** Travel the Oregon Coast and take in the beauty of the Pacific Ocean, Cascade Mountains, and temperate rain forests. Includes visits to Portland, Mt. St. Helens, and breathtaking waterfalls.

**October - Holland & Rhine River Cruise:** Soak up the scenery of the European countryside aboard a Viking River Cruise ship. Visit Germany, Holland, Germany, France, and Amsterdam.

**December - Myrtle Beach, SC:** Warm up with a winter holiday at the beach! Enjoy fabulous shows, great shopping and wonderful meals with friends.



## ADDITIONAL RESOURCES

### Resources for Seniors

Susan McGuire

email: [Raleighsc@rfsnc.org](mailto:Raleighsc@rfsnc.org)

919-996-4738

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults .

### Meals On Wheels

919-996-4739

[www.wakemow.org](http://www.wakemow.org)

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.